

Recreation Programs

Spring 2012

CITY OF LAKE FOREST

March, April, May

# Leisure Times



**Bunny Blast :**  
**"An Egg**  
**Wonderland"**

**Saturday, March 31, 2012**

*See page 1 for more info*





# LEISURE TIMES INDEX

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## Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holiday: **(No classes will be held on this date.)**

- Monday, May 28

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of March, April, and May, City Hall is closed on the following Fridays:

- Friday, March 2
- Friday, March 16
- Friday, March 30
- Friday, April 13
- Friday, April 27
- Friday, May 11
- Friday, May 25

For general questions regarding Community Services Programs on these days, visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov). You can also register for programs even on these closed days. Visit our on-line registration at [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline).



## Contact Information

Lake Forest Community Center  
25550 Commercentre Dr  
Lake Forest, CA 92630  
461-3450

[www.lakeforestca.gov](http://www.lakeforestca.gov)

Etnies Skatepark  
of Lake Forest ..... 916-5870  
[www.etnies skatepark of lake forest.com](http://www.etnies skatepark of lake forest.com)

Lake Forest Teens ..... 461-3446  
[www.LFteens.com](http://www.LFteens.com)

Lake Forest Seniors ..... 461-3408  
[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors)

IVC Emeritus  
Registration ..... 451-5555

SVUSD  
Recreation ..... 768-0981, press 3

Building Inspection ..... 461-3470

City Clerk ..... 461-3420

City Council ..... 461-3422

City Manager's Office ... 461-3410

Community  
Policing Center ..... 461-3548

Employment Hotline .... 461-3418

Fields Hotline ..... 461-3595

Graffiti Hotline ..... 461-3583

Planning ..... 461-3491

Public Works ..... 461-3480

Recreation ..... 461-3450

Redevelopment ..... 461-3567

*Front Cover Photo: John McGuire*



## CITY SPECIAL EVENTS

### Bunny Blast: "An Egg Wonderland"

Don't be late for a very important date! It's time for everyone's springtime favorite – Bunny Blast: "An Egg Wonderland"! Enjoy a fun-filled event for the whole family with a day of activities including game booths, crafts, face painting, a giant ferris wheel, petting zoo, pony rides, balloon artist, and egg scrambles. Entertainment will also include a strolling magician, DJ, and live music. Alice and her Wonderland friends will be there too! Be ready for surprises, and bring your camera to take pictures with Nectar, the Mad Hatter, and Hoppy, the Spring Bunny. Hop on down early to take part in all the fun!



Fee: Free (nominal fee for games, activities and food)

Location: El Toro Park (23701 Los Alisos Boulevard)

**For more info call: The City of Lake Forest at 461-3450**

**Families      Mar 31      Sat      11:00 am-3:00 pm**

Don't be late for this important date!  
To get the inside scoop on  
Bunny Blast and other citywide  
special events, check out  
[www.facebook.com/LakeForestEvents](http://www.facebook.com/LakeForestEvents).



### Rancho Days Fiesta at Heritage Hill Historical Park

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, food and first-person re-enactors.

Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

Fee: \$3.00 children (3-12 years) and \$4.00 adults

Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

**For more info call: Heritage Hill Historical Park at 923-2230**

More information about Heritage Hill Historical Park, as well as other OC Parks, is available at [www.OC Parks.com](http://www.OC Parks.com).

**Families      May 6      Sun      11:00 am-3:00 pm**



### Prelude in the Park: A Celebration of Music at Pittsford Park

The City of Lake Forest is proud to present Prelude in the Park, a unique collaboration with El Toro High School Instrumental Music Department. This exciting event will feature performances by El Toro High School's award winning instrumental musical ensembles including Symphony Orchestra, Symphonic Band, Wind Ensemble, Jazz Band, Drum line and Color guard. The concert selections will consist of a wide variety of music ranging from English orchestral music to traditional American wind band music to modern jazz, a perfect way to introduce your family to a large vocabulary of musical styles. There will also be fun activities for all ages.

Fee: Free (nominal fee for food)

Location: Pittsford Park (21701 Pittsford Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Families      May 20      Sun      Pre-concert activities      3:30-5:00 pm**  
**Concert      5:00-7:30 pm**

### Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7.00 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2629      Adults/Seniors      Mar 16      Fri      7:00-9:30 pm**

### Parks Safari



Interested in taking a fun-filled tour of local Lake Forest Parks? Then hop on the big yellow bus and visit 6 recently renovated playgrounds at beautiful Lake Forest Parks. Enjoy playing on the new playgrounds at Alton, Foothill Ranch Community, Con-course, Skatepark, the site of the soon-to-be-built Lake Forest Sports Park, and El Toro. We will end with a special barbeque at Mountain View Park, highlighted by a visit from "Nectar," the City's mascot.

Fee: \$3 per person; includes morning snack and commemorative souvenir item

Departure Location: Lake Forest City Hall  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2665      3 yrs-Adult      Apr 21      Sat      9:30 am-1:00 pm**





# NATURE PARK & HIKES

The City of Lake Forest is partnering with the County of Orange Resources and Development Management Department to provide a Park Ranger to guide the hikes for our continuing series in the "Take a Hike Program." **It is strongly recommended that hikers wear a hat, sunscreen and sturdy hiking boots/shoes.**

**Please note: The level of difficulty varies according to the type of hike scheduled. Please reference the following info in choosing your participation in our hikes:**

## HIKE DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain
- **Very Strenuous** = Steep ground with very rough terrain



## Vista Lookout Hike

This is a strenuous hike of approx. 5 miles recommended for ages 15+. The hike will be a fast-paced, cardio exercise hike that will climb up the west side of Whiting Ranch starting at Borrego trailhead and ending at Vista Lookout. At an elevation of 1500 feet, Vista Lookout offers a breathtaking panoramic view of The Sinks to the north, Red Rock Formation to the east, Portola Hills to the south, and Irvine to the west. **Due to the strenuous nature of this hike, appropriate attire and good physical condition are recommended.**



**Difficulty level = Strenuous**

Fee: \$5 (includes snack and water bottle)

Location: Whiting Ranch Wilderness Park, Borrego Entrance Parking Lot (Portola Pkwy. & Market Pl.); \$3.00 parking fee per car; meet by the kiosk.

**To Register: On-Line, Mail-In, Walk-In**

**For More Info Call: The City of Lake Forest at 461-3450**

**Act#: 2735 15 yrs-Adult May 5 Sat 9:00-11:00 am**

## Serrano Canyon Hike



This is a moderate hike of approximately 2.5 miles over some steep hills, recommended for ages 12+. The hike will encompass rolling hills of coastal sage scrub and chaparral as well as oak woodlands through the Serrano Canyon portion of Whiting Ranch. The hike will feature local flora and fauna of Orange County, as well as fire ecology and recovery from the 2007 Santiago Fire.

**Difficulty level = Moderate**

Fee: \$5 (includes snack and water bottle)

Location: Whiting Ranch Wilderness Park, Glenn Ranch Parking Lot (Glenn Ranch Road between El Toro & Portola Pkwy.); \$3.00 parking fee per car; meet by the kiosk.

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2736 12 yrs-Adult Jun 2 Sat 9:00 am-12:00 pm**



## Aliso Creek Clean-Up Day

Help fight the battle against litter and debris! Join other Lake Forest residents, community groups and City staff in removing unsightly litter from a portion of the Aliso Creek. We'll supply the gloves, trash bags, reacher sticks, volunteer shirt, snacks and beverages. You supply the energy! Meet at Cherry Avenue and Fernbank Street (west of Cherry Park). Park on the opposite side of the street from the Creek. All volunteers such as service organizations, scout groups, teens, kids and adults are welcome. **Minors must be accompanied by an adult.** All volunteers must sign a waiver form. Please wear appropriate footwear, sunscreen, and a hat.

Location: Cherry Ave and Fernbank St

**For more info and to register call: The City of Lake Forest at 461-3450.**

**5 yrs-Adult May 19 Sat 9:00-11:30 am**

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



# YOUTH



## Kids' Factory – SVUSD

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11:00 am.

Instructor: SVUSD Staff

Locations: Gates, Foothill, Lake Forest, La Madera, Olive-wood, Portola, Rancho Canada, & Santiago Elementary Schools

**To Register: On-site registration by a parent or legal guardian is required.**

**For more info call: SVUSD at 768-0981, press 3**

**Times vary depending on school dismissal.**

**Grades K-6**

**Sep 12-Jun 15**

**Mon-Fri**

## SPRING EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Fri., Mar. 16	6-10 pm	<b>Band Nights at the Skatepark</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Sat., March 31	11am-3 pm	 <b>Bunny Blast: "An Egg Wonderland"</b>	El Toro Park (23701 Los Alisos Blvd)	Free (nominal fee for games, activities, and food)
Sat., March 31	11 am-1 pm	<b>Spring Skate Egg Hunt</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Sat., April 21	6-10 pm	<b>The Gathering- Where Art Meets Skateboarding</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Sun., May 6	11 am-3 pm	<b>Rancho Days Fiesta</b>	Heritage Hill Historical Park (25151 Serrano Rd)	\$3.00 children 3-12 years old; \$4.00 adults
Tue, May 15	8 am	 <b>Summer Resident Registration Begins Online, Mail-In, Walk-In</b>	City of Lake Forest Community Services Dept (25550 Commercentre Dr)	Specific class and program fees apply
Sat., May 19	9-11:30 am	<b>Aliso Creek Clean-Up Day</b>	Cherry Ave and Fernbank St	Free to attend
Sun., May 20	5-7:30 pm	<b>Prelude in the Park</b>	Pittsford Park (21701 Pittsford Dr)	Free (nominal fee for food)



# 20th Anniversary Essay Contest

*"Tell your Story ... Share your Vision"*

**Entry Deadline: March 12, 2012**

In honor of its 20th anniversary, the City of Lake Forest invites graduating seniors to *"Tell Your Story..Share Your Vision"*! The essay contest is a great scholarship opportunity for students to think about the role that local government plays in shaping their community and how it impacts their lives.

**Theme:** Using the City Motto "Remember the Past, Challenge the Future," write an original essay about your favorite Lake Forest memory and how you think Lake Forest will change 20 years from now in the year 2032. You are encouraged to portray your memory vividly (you may add pictures if you like), and to communicate a clear vision of what Lake Forest will be like in the future.

**Eligibility:** Open to all graduating seniors, who live in Lake Forest and plan to attend a post secondary educational institute in Fall 2012.

**Format:**

- 750 words or less, single spaced, using Times New Roman 14 point font.
- Include your name in the header of each page and staple all pages together

**To Enter:**

- Attach a completed and signed entry form (see below)
- Submit by mail (postmarked by deadline) or deliver to:

The City of Lake Forest  
Attn: Community Services, Essay Contest  
25550 Commercentre Dr, Suite 100  
Lake Forest, CA 92630

**First Place Award:  
\$1000 Scholarship**

**Second Place Award:  
\$750 Scholarship**

**Third Place Award:  
\$500 Scholarship**

**Contact:** 461-3453 or email [vblethen@lakeforestca.gov](mailto:vblethen@lakeforestca.gov)

----- CUT AND SEND IN ENTRY FORM WITH YOUR ESSAY -----

ENTRANT'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

SCHOOL \_\_\_\_\_ GRADE LEVEL/AGE \_\_\_\_\_

NAME OF PARENT OR GUARDIAN \_\_\_\_\_

## STATEMENT OF AUTHENTICITY

I am submitting an original essay to the City of Lake Forest (City). I certify that this essay is my own work, and that I am planning on attending a postsecondary educational institution in Fall 2012. I understand that my essay will not be returned to me and will become the property of the City and could be reproduced in whole or in part. I further understand that the judges' decision is final.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

I permit the use of activity/event photography and/or video of my child or myself for media promotion. I agree to waive and release the City of Lake Forest (City), its officers, officials, agents, employees and authorized volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the city's program.

**I HAVE READ AND UNDERSTAND THIS RELEASE FROM LIABILITY.**

\_\_\_\_\_  
(Signature) Parent or Guardian must sign for those under 18 years of age



# Spring Breakout Camp



Spring Break is here, and this year instead of just sitting around the house all day, "break out" of your habit and join us at "Spring Breakout Camp"! Every day will be filled with awesome activities including games and mini excursions, including a trip to the movies. On Thursday, we're going to Knott's Berry Farm! The ratio for this camp will be 8 kids to one staff member. Kids will need to bring their lunch every day and be ready to have the best spring break ever.

Fee: \$129 per participant- Resident  
\$134 per participant- Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

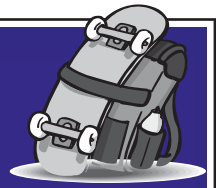
**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

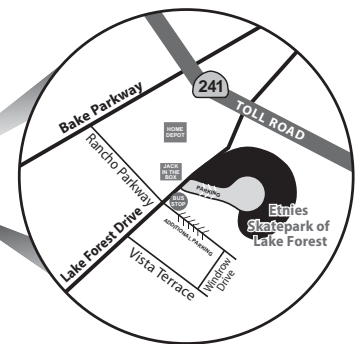
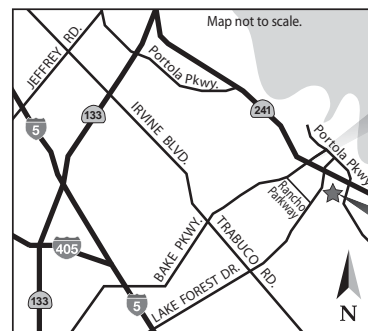
**Act#: 2675 7-11 yrs Apr 9-13 Mon-Fri 8:00 am-6:00 pm**



# ETNIES SKATEPARK OF LAKE FOREST



**Etnies Skatepark of Lake Forest**  
20028 Lake Forest Drive  
Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders around the world. The Park is open to the public 7 days a week, including most holidays. We have been voted "Best Skatepark 2011" – Best of OC Register and have received the "#1 Family Friendly Reader's Choice 2011" award from OCParenting Magazine.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr. Phone: 949-916-5870

**In the case of inclement weather, please call ahead to see if the Park is open.**

Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content, so stop by and check it out!

## Skate Sessions

Monday-Thursday	11:00 am- 9:00 pm
Friday	11:00 am-10:00 pm
Saturday	10:00 am-10:00 pm
Sunday	10:00 am-9:00 pm

## SPRING 2012 HOLIDAY HOURS

The Skatepark will be closed  
Sunday, April 8, 2012 due to the holiday.

# Birthday Parties at the Skatepark



Make your next party a Skate Party!  
The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.





## Band Nights at the Skatepark

This marks the eighth year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area while we raise money for the Keep 'N' It Free campaign. The shows are supervised, safe, and fun for all ages. All proceeds raised go to "Keep 'N' It Free". Please check out EtniesSkatepark.com for latest show news, photos, and event flyers.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info and specific bands playing, please call: The Skatepark at 916-5870**

**All Ages      Mar 16      Fri      6:00-10:00 pm**

## Spring Skate Egg Hunt

Its springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the jump houses, and participate in fun crafts. This is a family friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. Eggs will be hidden throughout the Skatepark and will have small prizes inside each one. Please bring your own basket as we may have limited supplies for the event. **The Egg Hunt starts at 11:15 am sharp, so please don't be late or you will miss it!** Depending on overall turnout, participants may be limited in the amount of eggs they will be allowed to collect.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages      Mar 31      Sat      11:00 am-1:00 pm**



## The Gathering – Where Art Meets Skateboarding

The third annual exhibition of skateboard art and photography with those that create it held at the best Skatepark around. Come enjoy the sounds of music, great atmosphere, and unique pieces of art. All for the great cause of raising money to keep the Park free. If you're interested in displaying your artwork, photography, or assisting in this fundraiser, please contact Nick Gates @ [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov). **Spaces are limited, so please contact us quickly.**

Fee: \$5 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages      Apr 21      Sat      6:00-10:00 pm**  
*Rain Date May 4, 2012*

## Afterschool Skate Club



Running during in-session school days, the afterschool skate club is a great way to improve skills and meet friends. The club is supervised by Skatepark staff. Club members work on skills, have fun, and learn. Members are requested to attend at least once a week.

Fee: Free

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Sign up at the Skatepark Office**

**For more info call: The Skatepark at 916-5870**

**5-17 yrs      Mar, Apr, May      Mon- Fri      4:00-6:00 pm**

## Spring Break Skate Camp

Do you want to become a better skateboarder or maybe both parents are working and you are looking for something fun to do while on break. Here is your chance to hone your skateboard skills and have an awesome spring break. Each day of camp will consist of instruction, activities, skateboard movies, trick demos, games, and a snack break. Skaters will each receive a Creataskate.org skateboard deck and have the chance to design and customize it, then ride it! Skatepark staff will help improve upon skills desired by the campers. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a daily BBQ lunch (If vegetarian, please alert staff at start of camp and we can accommodate).

Fee: \$195 per person. Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The Skatepark at 916-5870**

**Act #: 2745      6-17 yrs      Apr 9-13      Mon- Fri      10:00 am-2:00 pm**



## Private Skateboard Lessons

The skull bowl, vert wall, or even the 11 stair handrail may be the most intimidating of obstacles for the novice rider. The new private lessons offered at the Skatepark can cater to your skill level on any of the obstacles in the Skatepark. The lessons are taught by experienced riders who are capable of showing the beginners where to start to advanced riders new tricks such as switch stance, pool coping grinds and how to use the flow course to its full potential. Availabilities are limited so make sure to sign up quickly. These lessons are for young and old alike so don't be hesitant to dust off your old board and come on out for some fun and thrills. These lessons are also great for those who may have Special Needs, Preschool age, or those too old for our skate class programs.

Instructor: Skatepark Staff

Fee: \$30 – per half hour session. Sign up for a month of classes for \$100 (\$120 value) a total of 4 classes and receive a discount of \$20. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

### MARCH

Act#: 2759 Mar-A	5 yrs and up	Mar 1	Thu	3:00 pm
Act#: 2759 Mar-B	5 yrs and up	Mar 1	Thu	4:00 pm
Act#: 2759 Mar-C	5 yrs and up	Mar 1	Thu	5:00 pm
Act#: 2759 Mar-D	5 yrs and up	Mar 1	Thu	6:00 pm
Act#: 2759 Mar-E	5 yrs and up	Mar 8	Thu	3:00 pm
Act#: 2759 Mar-F	5 yrs and up	Mar 8	Thu	4:00 pm
Act#: 2759 Mar-G	5 yrs and up	Mar 8	Thu	5:00 pm
Act#: 2759 Mar-H	5 yrs and up	Mar 8	Thu	6:00 pm
Act#: 2759 Mar-I	5 yrs and up	Mar 15	Thu	3:00 pm
Act#: 2759 Mar-J	5 yrs and up	Mar 15	Thu	4:00 pm
Act#: 2759 Mar-K	5 yrs and up	Mar 15	Thu	5:00 pm
Act#: 2759 Mar-L	5 yrs and up	Mar 15	Thu	6:00 pm
Act#: 2759 Mar-M	5 yrs and up	Mar 22	Thu	3:00 pm
Act#: 2759 Mar-N	5 yrs and up	Mar 22	Thu	4:00 pm
Act#: 2759 Mar-O	5 yrs and up	Mar 22	Thu	5:00 pm
Act#: 2759 Mar-P	5 yrs and up	Mar 22	Thu	6:00 pm
Act#: 2759 Mar-Q	5 yrs and up	Mar 29	Thu	3:00 pm
Act#: 2759 Mar-R	5 yrs and up	Mar 29	Thu	4:00 pm
Act#: 2759 Mar-S	5 yrs and up	Mar 29	Thu	5:00 pm
Act#: 2759 Mar-T	5 yrs and up	Mar 29	Thu	6:00 pm



### APRIL

Act#: 2759 Apr-A	5 yrs and up	Apr 5	Thu	3:00 pm
Act#: 2759 Apr-B	5 yrs and up	Apr 5	Thu	4:00 pm
Act#: 2759 Apr-C	5 yrs and up	Apr 5	Thu	5:00 pm
Act#: 2759 Apr-D	5 yrs and up	Apr 5	Thu	6:00 pm
Act#: 2759 Apr-E	5 yrs and up	Apr 12	Thu	3:00 pm
Act#: 2759 Apr-F	5 yrs and up	Apr 12	Thu	4:00 pm
Act#: 2759 Apr-G	5 yrs and up	Apr 12	Thu	5:00 pm
Act#: 2759 Apr-H	5 yrs and up	Apr 12	Thu	6:00 pm
Act#: 2759 Apr-I	5 yrs and up	Apr 19	Thu	3:00 pm
Act#: 2759 Apr-J	5 yrs and up	Apr 19	Thu	4:00 pm
Act#: 2759 Apr-K	5 yrs and up	Apr 19	Thu	5:00 pm
Act#: 2759 Apr-L	5 yrs and up	Apr 19	Thu	6:00 pm
Act#: 2759 Apr-M	5 yrs and up	Apr 26	Thu	3:00 pm
Act#: 2759 Apr-N	5 yrs and up	Apr 26	Thu	4:00 pm
Act#: 2759 Apr-O	5 yrs and up	Apr 26	Thu	5:00 pm
Act#: 2759 Apr-P	5 yrs and up	Apr 26	Thu	6:00 pm

### MAY

Act#: 2759 May-A	5 yrs and up	May 3	Thu	3:00 pm
Act#: 2759 May-B	5 yrs and up	May 3	Thu	4:00 pm
Act#: 2759 May-C	5 yrs and up	May 3	Thu	5:00 pm
Act#: 2759 May-D	5 yrs and up	May 3	Thu	6:00 pm
Act#: 2759 May-E	5 yrs and up	May 10	Thu	3:00 pm
Act#: 2759 May-F	5 yrs and up	May 10	Thu	4:00 pm
Act#: 2759 May-G	5 yrs and up	May 10	Thu	5:00 pm
Act#: 2759 May-H	5 yrs and up	May 10	Thu	6:00 pm
Act#: 2759 May-I	5 yrs and up	May 17	Thu	3:00 pm
Act#: 2759 May-J	5 yrs and up	May 17	Thu	4:00 pm
Act#: 2759 May-K	5 yrs and up	May 17	Thu	5:00 pm
Act#: 2759 May-L	5 yrs and up	May 17	Thu	6:00 pm
Act#: 2759 May-M	5 yrs and up	May 24	Thu	3:00 pm
Act#: 2759 May-N	5 yrs and up	May 24	Thu	4:00 pm
Act#: 2759 May-O	5 yrs and up	May 24	Thu	5:00 pm
Act#: 2759 May-P	5 yrs and up	May 24	Thu	6:00 pm
Act#: 2759 May-Q	5 yrs and up	May 31	Thu	3:00 pm
Act#: 2759 May-R	5 yrs and up	May 31	Thu	4:00 pm
Act#: 2759 May-S	5 yrs and up	May 31	Thu	5:00 pm
Act#: 2759 May-T	5 yrs and up	May 31	Thu	6:00 pm

## Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

### Missed Class Policy

Classes cannot be made up if they are missed by the participant.





## Beginning Skateboard Lessons

Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Staff Recommendations – A skateboard purchased from a skateboard shop is a must for desired improvement in your skills. A quality board turns better, rolls better, and is much safer to use. If you have questions, just ask at the skatepark and we will be happy to assist you!

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2747	6 yrs and up	Mar 6-27	Tue	4:00-5:00 pm
Act#: 2748	6 yrs and up	Apr 3-24	Tue	4:00-5:00 pm
Act#: 2749	6 yrs and up	May 1-22	Tue	4:00-5:00 pm
Act#: 2750	6 yrs and up	Mar 3-24	Sat	9:00-10:00 am
Act#: 2751	6 yrs and up	Apr 7-28	Sat	9:00-10:00 am
Act#: 2752	6 yrs and up	May 5-26	Sat	9:00-10:00 am



## Intermediate Skateboard Lessons

It is highly recommended you participate in the beginning skateboard lessons and have graduated with the basic skills prior to starting this class. This class is designed for riders who know some basics but desire to improve.

Skills covered in this class

are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-line Mail-In, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 2753	6 yrs and up	Mar 6-27	Tue	5:00-6:00 pm
Act#: 2754	6 yrs and up	Apr 3-24	Tue	5:00-6:00 pm
Act#: 2755	6 yrs and up	May 1-22	Tue	5:00-6:00 pm
Act#: 2756	6 yrs and up	Mar 3-24	Sat	10:00-11:00 am
Act#: 2757	6 yrs and up	Apr 7-28	Sat	10:00-11:00 am
Act#: 2758	6 yrs and up	May 5-26	Sat	10:00-11:00 am

## TEEN ACTIVITIES & EXCURSIONS

### S.W.A.G. (Students Working and Advising For Government)



Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the [www.lfteens.com](http://www.lfteens.com) website.

Teens	Mar 7	Wed	6:00-7:00 pm
Teens	Mar 22	Thu	6:00-7:00 pm
Teens	Apr 4	Wed	6:00-7:00 pm
Teens	Apr 19	Thu	6:00-7:00 pm
Teens	May 2	Wed	6:00-7:00 pm
Teens	May 17	Thu	6:00-7:00 pm
Teens	May 30	Wed	6:00-7:00 pm

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an

## THE Lounge

X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

Teens Sep 13-Jun 22 Mon-Thu 3:30-6:00 pm  
(excluding school holidays)

## Spring into Fun Teen Camp



Attention all Intermediate School students! Take a week long break from school and experience fun amusement parks and attractions Southern California has to offer during the spring break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going to fun places like Regal Movies, Pump It Up, Boomers and more! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Fee: \$99 per child

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-in, Walk-in**

**For more info call:  
The City of Lake Forest at 461-3450**

**Act#: 2643      12-14 yrs      Apr 9-13**  
**Mon-Fri      8:00 am-6:00 pm**



## COMMUNITY SERVICES

### Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest Police Services at 461-3530**

**On-going**

**Mon-Thu**

**8:00 am-6:00 pm**

### Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**Appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207**

**Adult Women**

**May 18**

**Fri**

**8:00 am-1:00 pm**

## F.Y.I.



### Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at [www.lakeforestca.gov](http://www.lakeforestca.gov) under Police Services or by calling 461-3530.



# SENIOR PROGRAMS



## Senior Scene - A Clubhouse for Seniors

*Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!*

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).

## Senior Box Lunch Program



The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.00 suggested donation is requested per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3445

Seniors      On-going      Mon-Wed      11:30 am

## B-I-N-G-O & FREE Hot Lunch

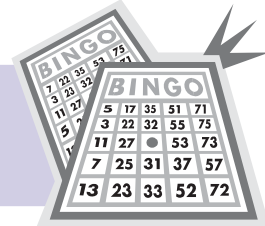
provided by the City of Lake Forest every Thursday!

Seniors      On-going      Mon-Thu      10:00 am-2:00 pm

### THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch



**Please Note:** The Senior Scene Clubhouse will be closed on Monday, May 28 due to the Memorial Day holiday.



## Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake

Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

## Senior Transportation, An Easier Way To Go!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

**To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.**

## Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNETM Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.



## Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

**Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

<b>*Seniors</b>	<b>On-going</b>	<b>Mon, Tue, &amp; Thu</b>	<b>10:00 am-2:00 pm</b>
<b>Seniors</b>	<b>On-going</b>	<b>Wed</b>	<b>1:00 pm-2:00 pm</b>

**\*Throughout the months of February, March, and April, the computer lab will be closed on Mondays due to tax preparation.**



## Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next!



The only thing you need to bring is your imagination! **Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!**

Fee: Free!

Location: Lake Forest Community Center,  
Activities Room (25550 Commercentre Dr)

## Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month and discusses fiction and non-fiction books they've read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,  
El Toro Room (25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Future books to be discussed and dates:

**Mar 15 Thu 10:00 am**  
***In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin* by Eric Larson**

**Apr 19 Thu 10:00 am**  
***Unbroken* by Laura Hillenbrand**

**May 17 Thu 10:00 am**  
***Case Histories* by Kate Atkinson (book to be provided)**

## Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks and a weekly putting contest.

Fee: Lake Forest Senior residents – \$57;  
Non-residents – \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 588-0917

Registration for Session 54 on Thu, Apr 12 only

Registration for Session 55 on Thu, May 31 only

### TEE TIMES

<b>Session 54</b>	<b>Seniors</b>	<b>Apr 12-May 17</b>	<b>Tue or Thu only</b>	<b>7:45-8:15 am</b>
<b>Session 55</b>	<b>Seniors</b>	<b>May 31-Jul 5</b>	<b>Tue or Thu only</b>	<b>7:45-8:15 am</b>

## Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)  
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

<b>Seniors</b>	<b>On-Going</b>	<b>Fri</b>	<b>1:00-3:30 pm</b>
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## Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

**You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor).** If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.





## AARP Tax-Aide – Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! **Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).**

Fee: Free

Location: Lake Forest Community Center, 25550 Commercentre Drive, Lake Forest (corner of Bake Parkway and Commercentre Drive) in the Community Center's Activities Room.

**For an appointment call: The City of Lake Forest at 461-3408**

**Mondays – March 5 - March 26 from 10:00 am to 1:00 pm**

**Mondays – April 2 & 9 (April 9, last day for appointments) from 10:00 am to 1:00 pm**

What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of 2010 income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

## AARP Driver Safety Course

Would you like to be more confident behind the wheel? Would you like to feel secure in your knowledge of the ever changing rules, regulations and signs of the road? Then we have a class for you! This instructional class for the mature driver (50+) is sponsored by AARP. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. **In order to receive the certificate, you must attend both classes. Space is limited so pre-registration and pre-payment are required.**

Fee: \$12.00 (AARP members; \$14.00 non members) –  
2 class session (**check made payable to AARP**)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In, Walk-In. No On-line Registration is available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2632      Apr 20 & 21      Fri/Sat      8:30 am-12:30 pm**

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.

# HICAP

## Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare?* What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**Appointments are available from 10:00 am-2:00 pm on the *second Tuesday* of the month (March 13, April 10, and May 8)**

**TO MAKE AN APPOINTMENT, PLEASE  
CALL 461-3408 AND LEAVE YOUR  
NAME AND PHONE NUMBER.**

## Happy 10th Birthday Senior Scene Clubhouse!

Look who's turning "Ten Years Old!" Can you believe it? In March 2002, the City had the pleasure of partnering with Santiago de Compostela Church where we gathered (all eight of us) and opened the doors to the "Senior Scene Clubhouse." Since then "we've been hav'n some kind of fun and making lots of memories"! Join us as we walk down memory lane!

**Speaking of memories...write down your favorite memory and drop it off at the Clubhouse by Thursday, March 1.**

Fee: Free

Location: Lake Forest  
Senior Scene Clubhouse  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Seniors Mar 8 Thu 10:00 am-2:00 pm**



*Senior Scene Clubhouse 5th Year Anniversary in 2006*



## St. Patty's Celebration "Green with Envy" Luncheon

C'mere all you lads and lassies and we'll have a grand ol' time at the Tenth Annual St. Patty's celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder...don't forget to wear something GREEEN! **Reservations are required as space is limited.**

Fee: Free (**Lake Forest residents register Tue., Feb 14; non-residents Tue., Feb 21**)

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**For more info and to reserve a spot call: The City of Lake Forest at 461-3450**

**Act#: 2636 Seniors Mar 15 Thu 10:00 am-2:00 pm**

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!







## Rock-a-Hula Luau Dinner & Entertainment

"Rock-a-hula your lulu in Honolulu"...actually you'll be in Lake Forest but you'll think you're on the Big Island! We want all kane's & wahine's (that would be you) to dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment. Now would be a good time to start working on your hula dancing skills! Space is limited, so make your reservations early!

Fee: \$7 per person

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2637 Seniors May 4 Fri 4:00-7:00 pm

## Seventh Annual Excellence for Seniors Award Luncheon



**2010 Jim Sax Award  
Recipient Myron  
Drinkwater**

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2011. The month of April is associated with a nationwide program that recognizes volunteers throughout the country. **Reservations are required as space is limited. Yes, "some type" of Bingo will be played during the recognition program.**

Fee: Free (Lake Forest residents register Tue., Feb 14; non-residents Tue., Feb 21)

Location: Lake Forest Community Center,  
Community Rooms A/B (25550 Commercentre Dr)

For Reservations Call: The City of Lake Forest at 461-3450

Act#: 2639 Seniors Apr 26 Thu 11:30 am-2:00 pm

# Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP. ....888-687-2277  
ACCESS (Reservations/Information). .877-628-2232  
ACCESS (Eligibility) .....714-560-5956  
Age Well Senior Services, Inc. .... 855-8033  
(formerly South County Senior Services)  
City of Lake Forest City Hall ..... 461-3400  
Council on Aging .....714-479-0107  
Disabled Housing Information. ....714-567-7500  
Elder/Disabled Adult Abuse.....800-451-5155  
HiCap Services .....800-434-0222  
Human Services Information .....2-1-1  
Irvine Valley College/Emeritus ..... 451-5555  
Meals on Wheels. ....380-0155 ext.12  
Medicare Fraud Hotline. ....800-447-8477  
OCTA (Transportation).....800-636-7433  
Office on Aging. ....800-510-2020  
Orange Caregiver Resource Center. .800-543-8312

# EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

## "Hot in Cleveland" TV Taping starring Betty White at CBS Studio - Los Angeles

Don't miss this taping of TV Land's hottest comedy "Hot in Cleveland." The story-line revolves around three fabulous L.A. women of a certain age who are best friends (Valerie Bertinelli, Jane Leeves and Wendie Malick). Their lives are changed forever when their plane – headed for Paris – unexpectedly lands in Cleveland and they soon rediscover themselves in a new "promised land." Loving their new home, the women find themselves living under one roof and battling the sassy caretaker (Betty White) of the property they have rented. (A box meal consisting of sandwich, chips, and cookie will be provided on the bus.)

Fee: \$28 per person (**Lake Forest residents register Tue., Feb 14; non-residents Tue., Feb 21**)

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-in, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2640 Adults/Seniors Fri Apr 20 2:30-10:30 pm**

## Barona Resort & Casino - Lakeside

Known as San Diego's loosest casino, Barona offers 2,000 slot and video poker machines, monitored by The Barona Loose Troop® to ensure they are the loosest around. Additionally, the casino features over 80 table games including Blackjack, Pai Gow Poker, Caribbean Stud, Barona Craps, Three-Card Poker, Four-Card Poker, Mississippi Stud, Let It Ride, Baccarat and Barona Roulette, as well as the latest innovations in chipless gaming (Roulette, Baccarat, & Blackjack). Upon arrival you will receive a 20% off discount card to be used toward your meal. ***Note: Participant must provide current ID, date of birth, and address.***

Fee: \$10 per person (**Lake Forest residents register Tue., Feb 14; non-residents Tue., Feb 21**)

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-in, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2760 Adults/Seniors Mon Jun 11 9:00 am-6:00 pm**

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.

## The Flower Fields & Carlsbad Premium Outlet Mall - Carlsbad



One of the most colorful excursions you will experience as you take a tractor ride that includes an audio commentary of the history of The Flower Fields through 50 acres of extraordinary color in bloom on a hillside overlooking the Pacific Ocean, with a special nursery, garden, and gift shop by Armstrong Garden Centers. Afterwards, you will board the bus and head over to the Carlsbad Premium Outlet Mall (over 90 stores) where you will have an opportunity to shop and grab a bite to eat.

Fee: \$43 per person (**Lake Forest residents register Tue., Feb 14; non-residents Tue., Feb 21**)

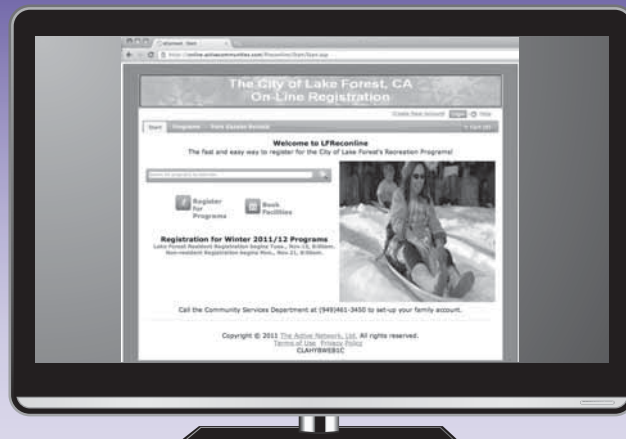
Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-in, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2641 Adults/Seniors Wed May 9 9:00 am-5:00 pm**

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

***online.activecommunities.com/lfreconline***



# SENIOR EMERITUS CLASSES

through Irvine  
Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

## Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes  
the following options are available.

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com)

- Click on the button **"Register for Emeritus Classes"**
- Click on the link in the left column **"Emeritus"**
- Select **"Class Category"** (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the **"Class Course Number"** for the section you want
- Click the **"Add"** button
- **RETURNING STUDENTS ONLY:** Enter your **"Account number and Pin Number"**
- **NEW STUDENTS ONLY:** Proceed to click on **"Create New Account."** (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button **"Add new family member"** after you have completed the information for the primary contact.
- The class will now be added. You can select under the **"Client"** column whom you would like registered in the course.
- Choose the button to continue **"Shopping for more classes"** or **"Go to checkout"**
- Complete your credit card information and click on **"Complete Transaction"**
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering on-line, please call 949-451-5555 for assistance.

### Phone Registration

Call 949-451-5555 Monday through Friday 9:00 am-5:00 pm

### Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

**Fax form to IVC:** 949-451-5270

## Computers

### Fun with Photos II

A continuation of enhancing our photos using online tools (no software required) to create and share graphics for your use. We will also use plug-ins that allow us to share using social media websites.

Fee: \$40.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 4810 Seniors Feb 29-Mar 21 Wed 11:20 am-12:40 pm**

### Facebook III

This class will address the growing demand for organizations, businesses and professionals (artists, musicians, services, anyone!) who wish to create more exposure and an online social media presence on Facebook. Learn methods to reach out to an audience or fans of your business with social networking. The course will address social media for increasing awareness and revenue for businesses by creating interesting dialog, specials or promotions to engage potential and existing customers. In addition, we will address why it is important to create a Facebook page versus a Personal page for your business or service, and other tips and tricks to getting great involvement and exposure from your customers or fans.

Fee: \$40.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 4695 Seniors Apr 18-May 9 Wed 11:20 am-12:40 pm**



**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65405 Seniors Feb 9-May 3 Thu 10:00-11:30 am**

### Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65415 Seniors Feb 7-May 1 Tue 12:30-2:00 pm**

### Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65410 Seniors Feb 7-May 1 Tue 10:00-11:30 am**

### Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65615 Seniors Mar 6-Apr 24 Tue 2:00-3:30 pm**

**Tic#: 65615 Seniors Mar 8-Apr 26 Thu 2:00-3:30 pm**

### Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 4865 Seniors Mar 28-Apr 25 Wed 1:00-2:30 pm**



### Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65385 Seniors Feb 8-Apr 25 Wed 9:00-10:30 am**

### Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 65390 Seniors Feb 8-Apr 25 Wed 10:30 am-12:00 pm**

**PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.**



# RECREATION CLASSES

## Preschool Programs



### Alice in Wonderland Tea Party!

Come have tea and cupcakes with Alice and all of her friends! Join us as we celebrate everybody's very merry un-birthday at this "Alice in Wonderland" themed preschool party! Alice will be there with some of her friends such as the Mad Hatter, the White Rabbit and the Cheshire Cat to join in all the fun. There will be games, songs, crafts, storytime and a snack! Parent participation is recommended for this popular program. Don't be late to register for this important date, it will sell out, there is no doubt. Come and see what everyone is talking about! Parent participation is recommended for this program.

Fee: \$10 per child-Resident  
\$15 per child-Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2677 2-5 yrs Mar 2 Fri 9:00-10:00 am  
Act#: 2678 2-5 yrs Mar 2 Fri 11:00 am-12:00 pm

### Lion King Preschool Class



Join the fun as we travel through the jungle and make friends with Simba, Nala, Mufasa, Rafiki, Timon and Pumba! Each class will feature a new Lion King character and kids will get to dance, sing songs, play games and enjoy a snack! Hakuna mata-ta! Parent participation is recommended for this program.

Fee: \$30 per child-Resident  
\$35 per child-Non-Resident

4-week session

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2683 2-5 yrs Mar 16-Apr 6 Fri 10:00-11:00 am

### Princess Tiana Mardi Gras Dreams Preschool Party!



Springtime is here and Princess Tiana is in a Mardi Gras Dreams party mood. Everyone will make their own Mardi Gras mask and dance to the sounds of New Orleans Jazz. The fun doesn't stop there because Princess Tiana will be on hand to tell her favorite New Orleans story. So, grab somebody, come on down. Bring your paintbrush, we're painting the town. There's some sweetness going around. Find out why dreams do come true in New Orleans. Parent participation is recommended for this program.

Fee: \$10 per child-Resident  
\$15 per child-Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2680 2-5 yrs Apr 20 Fri 10:00-11:00 am

### Toy Story Adventures Preschool Class



Are you ready to travel to infinity and beyond with your favorite Toy Story characters? Join us for some exciting adventures with our friends Woody, Buzz Lightyear, Mr. Potato Head, Jessie, and the rest of the gang! We will enjoy songs, a story, crafts, games, and a delicious snack. Parent participation is recommended.

Fee: \$30 per child-Resident  
\$35 per child-Non-Resident

4-week session

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2681 2-5 yrs Apr 27-May 18 Fri 10:00-11:00 am

### Pajama Time Preschool Party!

No need to dress up for this preschool party, just come in your pajamas! Sing songs, dance, play games, and make a craft-- all in your pajamas! And we'll also enjoy a tasty snack. And the best part is--there's no bedtime! Parent participation is recommended for this program.

Fee: \$10 per child - Resident  
\$15 per child - Non-Resident

Location: Lake Forest  
Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2682 2-5 yrs Jun 1 Fri 10:00-11:00 am





## Youth

### Parent & Me

#### Princess Ballet and Dance

Does your little one dream of being a Princess? If so, this is the class for her! The princess ballet series is an introduction to the fundamentals of ballet and creative movement with an element of fun and fantasy. With a little help from mom/caretaker, children use props, dress in princess attire, make princess crafts, have princess story time, dance to classical fairy tale music, and much more. Each session features a different princess and the instructor will provide princess attire and props. **Parent participation is required.** For more information on Orange County Dance Productions classes, please visit [OCDanceProductions.com](http://OCDanceProductions.com).

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$60 per Parent and Child couple-Resident  
\$65 per Parent and Child couple-Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2644	1 ½-3 yrs	Mar 12-Apr 16*	Mon	10:00-10:45 am
Act#: 2645	1 ½-3 yrs	Mar 10-Apr 14**	Sat	9:30-10:15 am
Act#: 2650	1 ½-3 yrs	Apr 30-Jun 4***	Mon	10:00-10:45 am
Act#: 2651	1 ½-3 yrs	Apr 21-May 19	Sat	9:30-10:15 am

\* No class 4/9  
\*\* No class 4/7  
\*\*\* No class 5/28

#### Youth Track & Field

Children will learn and participate in relay races, the 50-yard dash, shot put, hurdles and more. Each week your child will improve their skills and build the confidence needed to become a track & field superstar!

Instructor: Us Too Center Staff

Fee: \$100 – Resident  
\$105 – Non-resident  
(8 week sessions)

Location: Rancho Serrano Park (20842 Paseo Sombra)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2652	6-13 yrs	Mar 2-Apr 20	Fri	5:00-6:00 pm
Act#: 2653	6-13 yrs	Apr 27-Jun 15	Fri	5:00-6:00 pm

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 31-32 for more info.

### Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Each session consists of different featured princesses and crafts. Some parent participation is required. Participants are encouraged to wear leotards, tights and ballet shoes. For more information on Orange County Dance Productions classes please visit [OCDanceProductions.com](http://OCDanceProductions.com). An optional OCDP recital will be available to participants in May (nominal costume fee will apply).

Instructor: OC Dance Productions staff

Fees: \$60 per Parent and Child Couple-Resident  
\$65 per Parent and Child Couple-Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2646	3-5 yrs	Mar 12-Apr 16*	Mon	10:45-11:30 am
Act#: 2647	3-5 yrs	Mar 10-Apr 14**	Sat	10:15-11:00 am
Act#: 2648	3-5 yrs	Apr 30-Jun 4***	Mon	10:45-11:30 am
Act#: 2649	3-5 yrs	Apr 21-May 19	Sat	10:15-11:00 am

\* No class 4/9  
\*\* No class 4/7  
\*\*\* No class 5/28

### TriFyft Sports:

#### Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a non-competitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$79 per Parent and Child couple- Resident  
\$84 per Parent and Child couple-Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2761	1 ½-2 yrs	Apr 5-May 24	Thu	9:30-10:00 am
Act#: 2762	2-3 yrs	Apr 5-May 24	Thu	10:00-10:30 am
Act#: 2763	3-4 yrs	Apr 5-May 24	Thu	10:30-11:00 am



## TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$79 per Parent and Child couple- Resident  
\$84 per Parent and Child couple-Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2663 2-3 yrs Mar 31-May 19 Sat 10:00-10:30 am**

## TriFytt Sports Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant- Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2657 2-3 yrs Apr 6-May 25 Fri 5:00-5:30 pm**  
**Act#: 2658 3-5 yrs Apr 6-May 25 Fri 5:30-6:15 pm**  
**Act#: 2666 5-7 yrs Apr 6-May 25 Fri 6:30-7:15 pm**

## TriFytt Sports Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant- Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2655 2-3 yrs Apr 3-May 22 Tue 5:00-5:30 pm**  
**Act#: 2656 3-5 yrs Apr 3-May 22 Tue 5:30-6:15 pm**

## TriFytt Sports Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant- Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2662 3-5 yrs Mar 31-May 19 Sat 9:00-9:45 am**  
**Act#: 2664 5-7 yrs Mar 31-May 19 Sat 10:30-11:15 am**

## Lil' Explorers



Enjoy nature and science with your preschooler! We'll enjoy short themed nature walks. Look for birds, bugs, animals, and whatever other cool things we can find. All while singing, playing and learning about the great things we discover. Sessions will conclude with a take home science project including homemade slime and rockets! All materials will be provided and parent participation is required.

Instructor: Helen Cohen

Fee: \$60 per participant – Resident  
\$65 per participant – Non-Resident  
(4-week session)

Material Fee: An additional \$8 material fee due to instructor

Location: Serrano Creek Park (25101 Serrano Rd.)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2690 3-5 yrs Mar 13-Apr 3 Tue 10:00-11:00 am**

## From Legs to Wings & Back Again

This is a great course designed to introduce your child to the wonderful world of insects! This class will offer hands-on insect building and microscope observation. Computer exploration will also be utilized to bring nature study and engineering together in a big way! With our focus on language arts, math and science readiness, this will be a great all-around adventure for the youngest of learners. A free demo class will be held on Tuesday, February 28 from 10:00-11:00 am. Please call (714) 538-1402 to reserve a spot as space is limited.

Instructor: Computer Explorers Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(4-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2729 3-5 yrs Mar 6-Mar 27 Tue 10:00-11:00 am**  
**Act#: 2730 3-5 yrs Apr 17-May 8 Tue 10:00-11:00 am**



## Pirate Robot Adventures

Ahoy Matey! Our young pirates will program a pirate robot to search for hidden treasures. They will use their trusty treasure map, create pirate crafts and write their own pirate tale while focusing on math, nature and thinking skills. Join our merry crew and embark on a new adventure each week! A free demo class will be held on Wednesday, February 29 from 3:30-5:00 pm. Please call (714) 538-1402 to reserve a spot as space is limited.

Instructor: Computer Explorers Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(4-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2731	<b>6-8 yrs</b>	<b>Mar 7-Mar 28</b>	<b>Wed</b>	<b>3:30-5:00 pm</b>
<b>Act#:</b> 2732	<b>6-8 yrs</b>	<b>Apr 18-May 9</b>	<b>Wed</b>	<b>3:30-5:00 pm</b>

## Digital Photography & Book Creation

This course offers young learners wonderful tools to explore, create and learn about the world around them. Our young photographers will create their own books, stories and unique projects using our special editing software. See the pride on your child's face as they bring home their very own book and story! A free demo class will be held on Thursday, March 1 from 3:30-5:00 pm. Please call (714) 538-1402 to reserve a spot as space is limited.

Instructor: Computer Explorers Staff

Fee: \$64 per participant – Resident  
\$69 per participant – Non-Resident  
(4-week session)

Material Fee: An additional \$12 material fee is due to instructor during first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2733	<b>6-8 yrs</b>	<b>Mar 8-Mar 29</b>	<b>Thu</b>	<b>3:30-5:00 pm</b>
<b>Act#:</b> 2734	<b>6-8 yrs</b>	<b>Apr 19-May 10</b>	<b>Thu</b>	<b>3:30-5:00 pm</b>

## Parent & Me Clay Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident  
\$70 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2667	<b>3-5 yrs</b>	<b>Apr 16-May 14</b>	<b>Mon</b>	<b>2:30-3:15 pm</b>
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## Ceramics Creations

Have a blast learning to turn clay into wonderful creatures and other fun projects! We will hand build the pieces as we learn techniques such as coiling, scoring and slab and decorating them with under glazes. Different projects will take place each week. All pieces will be glazed and fired and aprons will be provided to all participants.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident  
\$74 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2668	<b>6-12 yrs</b>	<b>Apr 16-May 14</b>	<b>Mon</b>	<b>3:30-4:45 pm</b>
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## "Spring into Art" Camp

This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy spring time through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired and all supplies will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$89 – Resident  
\$94 – Non-Resident  
(One-week camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2669	<b>6-12 yrs</b>	<b>Apr 9-13</b>	<b>Mon-Fri</b>	<b>1:00-3:00 pm</b>
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## Acting FUN-damentals

We will be learning improvisation skills, how to audition for shows and techniques to become a better actor in a FUN-damental class environment. If you've ever wanted to gain more confidence and learn how to act then this is the class for you! A performance for friends and family will take place on the last day.

Instructor: Tara Meyer

Fee: \$59 – Resident  
\$64 – Non-Resident  
(4-week session)

Material Fee: \$5 due to instructor during first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2676	<b>11-16 yrs</b>	<b>May 2-23</b>	<b>Wed</b>	<b>4:00-5:30 pm</b>
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## Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Tuesday, April 3 at 10:00 am, please RSVP 350-0985.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident  
\$150- Non-Resident  
(10-week session)

Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2670	<b>9 mos-5 yrs</b>	<b>Apr 9-Jun 11</b>	<b>Mon</b>	<b>4:15-5:00 pm</b>
<b>Act#:</b> 2671	<b>9 mos-5 yrs</b>	<b>Apr 10-Jun 12</b>	<b>Tue</b>	<b>9:30-10:15 am</b>
<b>Act#:</b> 2672	<b>9 mos-5 yrs</b>	<b>Apr 10-Jun 12</b>	<b>Tue</b>	<b>10:30-11:15 am</b>

## Alphabet Soup

This fun and developmentally appropriate reading program is aligned with the standards and goal of the California Preschool Learning Foundations. The Alphabet Soup curriculum is taught through games, puppets, puzzles, movement, songs, alphabet blocks and arts and crafts. You will be amazed as your child begins to recognize and learn consonant sounds, sight words, short and long vowel sounds and how to tell them apart while reading! Our experienced instructor has been teaching reading to preschoolers in Orange County for over 15 years. A free demo class will be offered on Thursday, March 1st from 10:00-10:45 am. To RSVP please call (949)433-9219 as space is limited.

Instructor: Iona Pally

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week session)

Materials Fee: An additional \$15 material fee is due to the instructor during the first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2684	<b>4-6 yrs</b>	<b>Mar 8-29</b>	<b>Thu</b>	<b>10:00-10:45 am</b>
<b>Act#:</b> 2685	<b>4-6 yrs</b>	<b>Apr 5-26</b>	<b>Thu</b>	<b>10:00-10:45 am</b>

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



## 1, 2 Buckle My Shoe

This fun and developmentally appropriate class is aligned with standards and goals of the California Preschool Learning Foundations. Your child will discover that math is fun and all around them as they explore concepts such as classification, patterns, cardinal and ordinal counting, measurement, basic geometry, math vocabulary and reasoning including extrapolation. A free demo class will be offered on Thursday, March 1st from 11:00-11:45 am. To RSVP, please call (949)433-9219 as space is limited.

Instructor: Iona Pally

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week session)

Materials Fee: An additional \$15 material fee is due to the instructor during the first class meeting

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2686	<b>4-6 yrs</b>	<b>Mar 8-29</b>	<b>Thu</b>	<b>11:00-11:45 am</b>
<b>Act#:</b> 2687	<b>4-6 yrs</b>	<b>Apr 5-26</b>	<b>Thu</b>	<b>11:00-11:45 am</b>

## Spring Instructor Highlight



**Preschool instructor Iona Pally introduces her students to the alphabet.**

*Preschool instructor **Iona Pally** has 15 years of teaching and tutoring experience. Iona's areas of expertise include phonemic awareness, phonics, math reasoning, and logic. Iona further excels in preparing each of her students for Kindergarten and early elementary school levels. She says "My passion and energy are so contagious that children do not even realize they are learning!"*

## Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, and the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2688 3-7 yrs Mar 10-Apr 28 Sat 9:30-10:30 am**

## Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, all while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2689 8-17 yrs Mar 10-Apr 28 Sat 9:30-10:30 am**

**Want more info on how to register for programs online?**



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

**[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)**

## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch Community Park (19422 Rue De Valore)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2691</b>	<b>3-5 yrs</b>	<b>Apr 2-May 21</b>	<b>Mon</b>	<b>3:30-4:30 pm</b>
<b>Act#: 2692</b>	<b>6-7 yrs</b>	<b>Apr 2-May 21</b>	<b>Mon</b>	<b>4:30-5:30 pm</b>
<b>Act#: 2693</b>	<b>8-12 yrs</b>	<b>Apr 2-May 21</b>	<b>Mon</b>	<b>5:30-6:30 pm</b>
<b>Act#: 2694</b>	<b>3-5 yrs</b>	<b>Apr 4-May 23</b>	<b>Wed</b>	<b>3:30-4:30 pm</b>
<b>Act#: 2695</b>	<b>6-7 yrs</b>	<b>Apr 4-May 23</b>	<b>Wed</b>	<b>4:30-5:30 pm</b>
<b>Act#: 2696</b>	<b>8-12 yrs</b>	<b>Apr 4-May 23</b>	<b>Wed</b>	<b>5:30-6:30 pm</b>

## Family

### College Admissions Boot Camp

This fast-paced class will give current high school juniors (class of 2013) and / or their parents vital information and resources related to the current college admissions climate. Topics covered will include: developing a time-line, creating a (realistic) list of schools, best resources, standardized testing Q & A, how to minimize stress, tips to complete applications, writing the essay, college visits, where to start, and much more. Don't miss out.

Instructor: Amy Mendelson, M.A.

Fee: \$50 – Resident  
\$55 – Non-Resident  
(one-time workshop)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2697 16-Adult May 26 Sat 2:00-4:00 pm**

### Could we have your email address?

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## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner. **A free trial class will be offered on March 14 at 5:00pm, please call (949)362-0778 to RSVP as space is limited!**

Instructor: Ron Gorman

Fee: \$95 – Resident  
\$100 – Non-Resident  
(5-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2698 Families Mar 21-Apr 18 Wed 5:00-6:00 pm**



*"Chiquita and Princess" Sorensen*

## Dog Obedience Class

This class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. This course is designed for dogs at least 4 months of age or older.

*(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. On-line registration is not available for discount program.)*

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70 – Non-Resident  
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr.)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2699 Families Mar 14-May 2 Wed 6:30-7:30 pm**

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2700 10-Adult Jun 30 Sat 10:00 am-5:00 pm**

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope. Please Note:** This is not a Healthcare Provider level course. **(Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2701</b>	<b>10-Adult</b>	<b>Apr 25</b>	<b>Wed</b>	<b>7:00-9:45 pm</b>
<b>Act#: 2702</b>	<b>10-Adult</b>	<b>May 9</b>	<b>Wed</b>	<b>7:00-9:45 pm</b>
<b>Act#: 2703</b>	<b>10-Adult</b>	<b>Jun 30</b>	<b>Sat</b>	<b>12:30-3:00 pm</b>

## Spring Registration Dates:

Tuesday, February 14 (Lake Forest Residents)

Tuesday, February 21 (Non-Residents)



## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident  
\$5 – Non-Resident

**(Pre-registration is required for this course and space is limited)**

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2704 10-Adult Jun 30 Sat 3:00-5:00 pm**

## Adult

### Zumba Gold Toning



The Zumba® Gold-Toning program combines the enticing international rhythms of Zumba Gold® program with the strength-training techniques of a comprehensive toning program. This class will create an easy-to-follow, health-boosting dance-fitness program for the active older adult, as well as beginners. Through modified dynamic lightweight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, improve mobility and heart health. **A free trial class will be held on Monday, March 26 from 11:45 am- 12:30 pm. Please call 949-495-2119 to reserve a spot as space is limited.**

Instructor: Mia Alicea

Fee: \$25 – Resident  
\$30 – Non-Resident  
(5-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2705 18 & up Apr 2-30 Mon 11:45 am-12:30 pm**

**Act#: 2706 18 & up May 14-Jun 11 Mon 11:45 am-12:30 pm**

### Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Spring programs too!



## Historical Arts



Explore the past through hands-on skills and arts lost to time. In this course, students will not merely make crafts, but create useful and beautiful items from eras long past. They will gain a better understanding of ancient cultures through re-creating commonly used items including: moccasins, journals (book binding), girdle pouches and marlin spikes!

Instructor: George Mack

Fee: \$70 – Resident  
\$75 – Non-Resident  
(4-week session)

Material Fee: An additional \$25 material fee is due to the instructor during the first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2707 18 & up Mar 7-Mar 28 Wed 7:00-8:30 pm**

## Yoga Booty Ballet

Come join the dance party! This dance workout is a fun, spirited way to get a great workout burning over 400 calories. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone and then conclude with relaxing yoga. Make sure you reserve your spot early as classes do fill up! *For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).*

Instructor: Kim Esmond, OC Dance Productions

Fee: \$96 – Resident  
\$101 – Non-Resident  
(8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2708 18 & up Mar 19-May 14 Mon 6:30-7:30 pm**

**\*No class on 4/9**

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## Ethnic Drumming and Percussion New

This unique course utilizes many different percussion instruments from Middle Eastern, West African, Spanish, Celtic and many other regions. Students will learn to play and compare and contrast the musical traditions of many different cultures from around the world.

Instructor: George Medlock

Fee: \$65 – Resident  
\$70 – Non-Resident  
(5-week sessions)

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2709 18 & up Mar 5-Apr 2 Mon 6:00-7:15 pm**

**Act#: 2710 18 & up Apr 16-May 14 Mon 6:00-7:15 pm**

## Spring Instructor Highlight



*Renowned percussionist George Medlock performs with one of many belly dance organizations he works with.*

*Instructor **George Medlock** has 18 years of professional drum making and playing experience. He is skilled in a variety of international musical styles and, as such, has traveled to five continents around the world! George currently offers drum lessons in six South Orange County cities, and we are honored to have his teaching expertise here in Lake Forest. George tells us "I love to share my percussion knowledge with my students. Learning about the styles and how to play the music of other cultures is invaluable!"*



## Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2711 Adult Beg Mar 24-Apr 21 Sat 11:30 am- 12:30 pm**

**Act#: 2712 Adult Int Mar 24-Apr 21 Sat 10:15-11:15 am**

**Act#: 2713 Adult Adv Mar 24-Apr 21 Sat 9:00-10:00 am**

**Act#: 2714 Adult Beg Apr 28-May 26 Sat 11:30 am-12:30 pm**

**Act#: 2715 Adult Int Apr 28-May 26 Sat 10:15-11:15 am**

**Act#: 2716 Adult Adv Apr 28-May 26 Sat 9:00-10:00 am**

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 31-32  
for more info.



## Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2722 16 yrs & up Apr 7-May 26 Beg Sat 9:00-10:00 am**

**Act#: 2723 16 yrs & up Apr 7-May 26 Int Sat 10:00-11:00 am**

## Floral Design Workshops

Learn how to create artistic flower arrangements like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions and seasonal availability. Each student will create a beautiful flower arrangement using colors and flowers of the season. Students need to bring floral shears, wire cutters and scissors to class. Each workshop focuses on a different aspect of floral design. Note: The flower arrangements retail for approximately \$85.00 and will be taken home by the students.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident  
\$35- Non-Resident  
(1 day workshop)

Materials Fee: An additional cash-only materials fee of \$40 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2717 Adult Bridal Bouquet Apr 4 Wed 6:00-7:30 pm**

**Act#: 2718 Adult Floral Art May 2 Wed 6:00-7:30 pm**  
**for Entertaining**

**Act#: 2719 Adult Zensational Jun 6 Wed 6:00-7:30 pm**  
**Floral Art**

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



## SPECIAL NEEDS

*The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.*



## Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3 – 5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident  
\$130 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2724 Walking-12 yrs Mommy & Me On-going Tue 4:00-4:45 pm**

**Act#: 2725 Walking-12 yrs Beg On-going Mon 3:00-3:45 pm**

**Act#: 2726 Walking-12 yrs Int On-going Thu 5:00-5:45 pm**

## Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month- Resident  
\$65 per session/\$260 per month- Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail-In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2727 7-11 yrs On-going Fri 5:00-6:00 pm**

## Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident  
\$50 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2728 All Ages Ongoing Sat 10:00-10:30 am**



## Lake Forest Little League Challenger Baseball



*Challenger Baseball is a Little League program for boys and girls with special needs.*

**PRACTICES:** Friday afternoons at Foothill Ranch Park field, beginning in February 2012. The focus is on skill-building and teamwork.

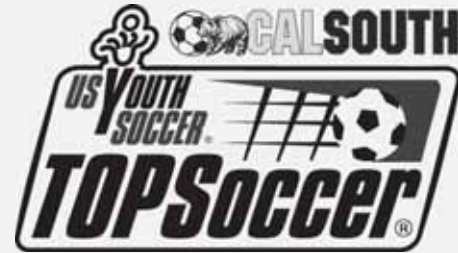
**GAMES:** Saturday mornings, February to June 2012. Opening Day and Team Photos are February 25, 2012. Closing Day Festivities are in June. The last game is played on the field at **Angel Stadium in Anaheim!**

**COST:** \$50.00 is the Little League fee. It covers a great team uniform, team photo, practice, and field expenses. Bats and batting helmets are provided or you can use your own. Also included are the team awards and trophies for each player. Incidental expenses usually do not exceed \$25 per season.


**GAME FORMAT:** We have fun! This is a self-confidence and skill-building team! Everyone goes to bat and swings until they hit. There are no outs and we do not keep score. The games are 2 innings only and everyone is a winner! We play with safety in mind and have a great time. Healthy snacks are served after each game.

Register on-line at [LFL.org](http://LFL.org)  
For more info or to sign up call:  
Melinda Luttrell at 837-3189  
or email us at [challengers@lfl.org](mailto:challengers@lfl.org)

## What Is" TOPSoccer"?



**TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.**

-  TOPSoccer provides a safe and fun environment for special needs children to participate in organized sports.
-  Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition.
-  Thousands of young athletes with disabilities become valued and successful members of Cal South.
-  TOPSoccer is currently being offered by Saddleback Valley Soccer Association (Rancho Santa Margarita, Foothill Ranch, Mission Viejo, Ladera Ranch), Laguna Niguel Youth Soccer Association, and Capo Football Club (San Juan Capistrano).

For more info, please contact:

Rod Hurt	Saddleback Valley Soccer Association <a href="mailto:Rod.Hurt@sbvsa.org">Rod.Hurt@sbvsa.org</a>
John Yots	Saddleback Valley Soccer Association <a href="mailto:John.Yots@sbvsa.org">John.Yots@sbvsa.org</a>
Kerry Mackey	Laguna Niguel Youth Soccer Association <a href="mailto:TOPSoccer@lnysa.org">TOPSoccer@lnysa.org</a>
Nancy Dixon	Capo Football Club <a href="mailto:CapoTOPSoccer@gmail.com">CapoTOPSoccer@gmail.com</a>



# Sizzlin' Summer Fun!

Movies in the Park

Junior Stars Sports Camp

Rec 'n Roll

Summer Teen Camp!  
Our Very First!



## 20th Anniversary Golf Tournament

Save The Date!

Friday, July 20, 2-6 pm

Lake Forest Golf and Practice Center (23308 Cherry Ave)

Celebrate the City's 20th Anniversary by participating in a "best ball" shot-gun community golf tournament. Register as a foursome with your family, neighbors, or colleagues, or a threesome, twosome, or single. Fee is \$25 per person and includes green fee, goody bag, closest-to-the-pin contest, t-shirt, awards, and post tournament BBQ.

Registration begins on Tuesday, May 15.



Look for more info on these sizzlin' events in your Summer Leisure Times at the beginning of May!



# HOW TO REGISTER

Spring 2012 Registration Dates

**Lake Forest Residents: Tuesday, February 14**

**Non-Residents: Tuesday, February 21**

## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, February 14**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a phone call if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee will be applied to certain classes and programs.

Questions on  
Registration?  
Call 461-3450





# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone ( ) _____	Work Phone ( ) _____	
Emergency Contact _____	Emergency Phone ( ) _____	

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

**Children's birthdates must be filled out completely in order to process registrations.**

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
<b>Please send a separate check for each activity</b>					<b>Total Activity Fees</b>



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450



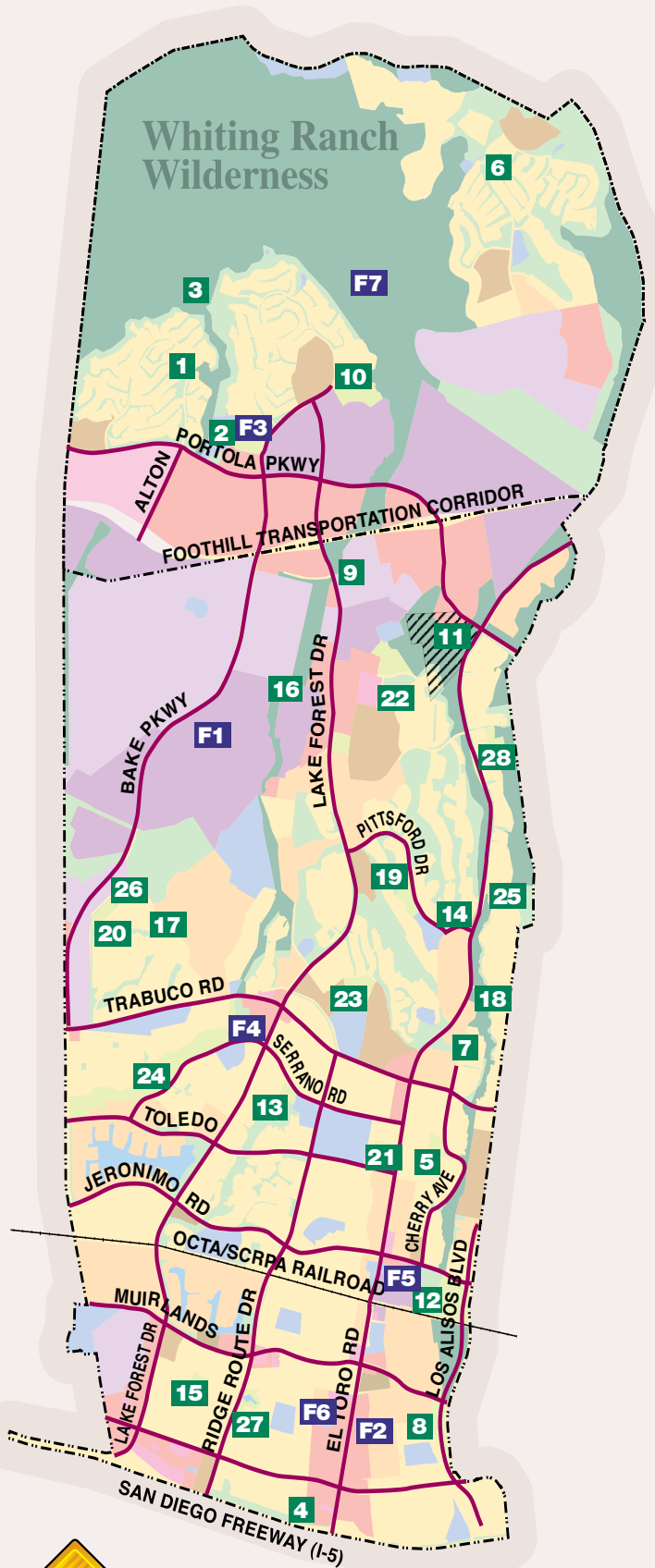
Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
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**Credit Card Payments are not accepted at City Hall**



# City Of Lake Forest Park Guide



## CITY PARKS

		Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
<b>1</b>	<b>Alton Park</b> 18992 Alton Parkway	2.3	4	1 <sup>hc</sup>	1		9				
<b>2</b>	<b>Borrego Park</b> 26982 Cabriole	11	5	1 <sup>hc</sup>	1	1	11	1	1		
<b>3</b>	<b>Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3		1		5				
<b>4</b>	<b>Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2		1 <sup>hc</sup>	1		1				
<b>5</b>	<b>Cherry Park</b> 22651 Cherry Avenue	4.5	6	1 <sup>hc</sup>	1		4	1 <sup>s</sup>			
<b>6</b>	<b>Concourse Park</b> 18931 Saddleback Ranch Road	7	2	1 <sup>hc</sup>	2	1	14	2 <sup>s</sup>	1		
<b>7</b>	<b>Darrin Park</b> 22461 Cherry Avenue	3.1	6	1 <sup>hc</sup>	1		11	1 <sup>s</sup>			
<b>8</b>	<b>El Toro Park</b> 23701 Los Alisos Boulevard	10	4		1		7	1 <sup>s</sup>	1		2 <sup>L</sup>
<b>9</b>	<b>Etnies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3			Skate-park L			1			
<b>10</b>	<b>Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5		1 <sup>fc</sup>	1	1	7	1	1	2	2
<b>11</b>	<b>Future Sports Park Location</b> Portola Parkway and El Toro Road										
<b>12</b>	<b>Heroes Park</b> 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
<b>13</b>	<b>Lake Forest Park</b> 24000 Serrano Road	2.3			1						
<b>14</b>	<b>Montbury Park</b> 21962 Montbury Drive	3.5	1				2				
<b>15</b>	<b>Mountain View Park</b> 4061 Dylan Street	5.3	3	1 <sup>fc</sup> 1 <sup>hc</sup>	2		7	1 <sup>s</sup>	1	1	2 <sup>L</sup>
<b>16</b>	<b>Nature Park</b> 26215 Dimension Drive	4.5				1	1 <sup>s</sup>				
<b>17</b>	<b>Peachwood Park</b> 21132 Peachwood	2.7			1		4				
<b>18</b>	<b>Pebble Creek Park</b> 26441 Pebble Creek Road	1.9			1		1				
<b>19</b>	<b>Pittsford Park</b> 21701 Pittsford Drive	10	2		2	1	8	1 <sup>s</sup>	1		2
<b>20</b>	<b>Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3				7				
<b>21</b>	<b>Ranchwood Park</b> 22500 Kilby Street	1.9		1 <sup>hc</sup>	1						
<b>22</b>	<b>Regency Park</b> Regency Lane & Osterman Road	5								1	
<b>23</b>	<b>Rimgate Park</b> 29772 Rimgate	5	1	1 <sup>fc</sup>	3		10	1 <sup>s</sup>			1
<b>24</b>	<b>Serrano Creek Park</b> 25101 Serrano Road	44	3		1	1	19	1 <sup>s</sup>	1		
<b>25</b>	<b>Sundowner Park</b> 22041 Sundowners Lane	0.8	1		1		2				
<b>26</b>	<b>Tamarisk Park</b> Tamarisk at Peachwood	11.2		1 <sup>fc</sup>	1		11			1	
<b>27</b>	<b>Village Pond Park</b> 23102 Ridge Route Drive	4.7					5				
<b>28</b>	<b>Vintage Park</b> 21000 Vintage Street	4.8	5	1 <sup>fc</sup> 1 <sup>hc</sup>	1		11				



renovation in progress

• <sup>fc</sup> full court  
• <sup>hc</sup> half court

• <sup>L</sup> lights  
• <sup>s</sup> shelter



park shelter available for reservation

## OTHER FACILITIES

<b>F1</b>	<b>City Hall</b>	25550 Commercentre #100	461-3400
<b>F1</b>	<b>Community Center</b>	25550 Commercentre	461-3450
<b>F2</b>	<b>El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3</b>	<b>Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4</b>	<b>Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5</b>	<b>Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6</b>	<b>El Toro Post Office</b>	24522 Raymond Way	837-1976
<b>F7</b>	<b>Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245



Look for updated Virtual Parks Tour on the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov) coming soon

# Lake Forest Parks by the numbers...



**27** City parks including 185.6 total acres

**25** playgrounds

**14** basketball courts

**9** tennis courts

**9** baseball fields

**8** fitness/walking facilities

**4** soccer fields

**3** picnic shelters available for reservation

*including*

**1 Award-Winning Etnies Skatepark  
of Lake Forest, America's largest  
FREE public skateboard facility.**



The weather is warming up and our parks are welcoming you.  
Experience firsthand our fabulous renovations and see why  
Lake Forest parks are such wonderful places to visit!

*For a complete listing of our parks and their amenities, please see inside back cover.*